



InShape

West Valley City Fitness and Recreation Center News

Breakfast with Santa

December 4, 9 a.m.
(Registration due Nov. 29)

December 11, 9 a.m.
(Registration due Dec. 6)

Adults (12 and up): \$5
Children (5 to 11): \$4
Children (4 and under): \$2

Children and Youth must be accompanied by a paying adult

Each child will receive a photo with Santa and a gift bag. Additional photos are available for \$3.



Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$45/month
Non-Members - \$50/month

Registration deadline is the 1st of every month and is done on a month-to-month basis. Class size is limited so sign up early!

Sessions offered (choose either):
Mondays & Wednesdays 9 to 11 a.m.
Tuesdays & Thursdays 9 to 11 a.m.

For more information, call (801) 955-4000.

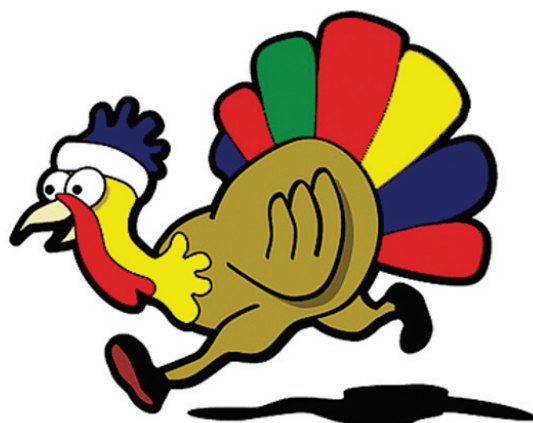
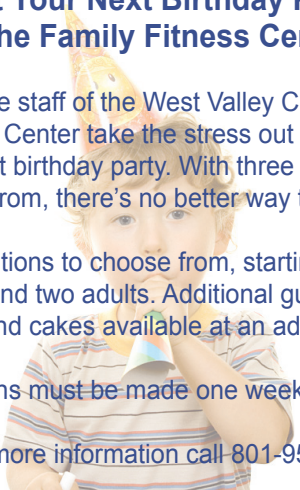
Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

For more information call 801-955-4000.



Turkey Trot 5K Run

Saturday, November 20
8 a.m.

Adults: \$20 plus a can of food
Youth (17 and under): \$15 plus a can of food
Families: \$50 (up to 6 family members) plus a can of food for each runner

Entry fees include beanie cap, raffle drawing & ribbons 3 deep.

Pre-register at the Family Fitness Center;
Race Day Registration from 7 – 7:30 a.m.

Join us for the Annual Christmas Tree Lighting and Walk with Santa!

Monday, December 6, 2010
Tree Lighting is at 6 p.m. SHARP
Followed by a walk with Santa

Other festivities inside the Fitness Center following the walk: Free visits with Santa (Picture cost \$3 each); Free kids crafts; Free Face Painting; Free Cocoa and Cookies; Program Demonstrations.

West Valley Dance Force

The West Valley City Fitness Center offers a variety of dance formats that include: Ballet, Jazz, Combo, Tumbling, Hip-hop and more!

Sessions begin in September. Beginning, intermediate and advanced classes are offered.

Members - \$28 per month
Non-members - \$30 per month
Additional class - \$15 per month
Unlimited classes - \$60 per month

A one-time yearly registration fee of \$10 is required.

For more information about registration or dance classes call the dance hotline at (801) 955-4030 or visit www.wvdanceforce.blogspot.com.



Tae Kwon Do

(For ages 8 & older)

A fitness program for the whole family with four Black Belt instructors and other forms of martial arts taught.

Tuesdays and Thursdays; Sessions are on-going

New/Beginner: 7 - 7:45 pm

Intermediate/Advanced: 7:45 - 8:30 pm

Members, \$30; non-members, \$40 (monthly)

Looking for Holiday Gift Ideas?

Give The Gift That Lasts All Year!

FREE Gift with purchase of new memberships before December 24th.

Family memberships available now with the first month only \$32.80

Other membership options available, call (801) 955-4000 for more information.

Gift Certificates make great stocking stuffers!

- Swimming Lessons
- Personal Training Sessions
- 10-Pack of Day Passes
- Fitness Class Passes
- And Much More...



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

